

I.
Course Information

Course Acronym:* PE

Course Number:* 257

Descriptive Title:* Yoga for Health and Fitness

Division: Health Sciences and Athletics

Department:* Physical Education

Course Disciplines: Physical Education

Catalog Description:* This course is designed to improve both fitness and health through mind and body integration. Yoga postures (asanas) are woven together to provide a workout that targets the body, but does not emphasize any religion or philosophy. Breathing while performing the asanas is stressed. Various styles of Hatha Yoga will be introduced. This course will give the student both the knowledge and the practice to move toward improved health, fitness and mind and body awareness.

Conditions of Enrollment:

Prerequisite:

Co-requisite:

Recommended Preparation:

Enrollment Limitation:

Course Length: Full Term

Hours Lecture (per week): 0

Hours Laboratory (per week): 3

Outside Study Hours:* 0

Total Course Hours:* 54

Course Units:* 1

Grading Method: Letter Grade only

Credit Status: Credit, degree applicable

Transfer UC: Yes

Effective Date:

General Education:
ECC Area 5 - Health and Physical Education

Term:

Other:

CSU GE: Area E - Lifelong Understanding and Self-Development

Term:

Other:

IGETC:

Term:

Other:

II. Outcomes and Objectives

A. Student Learning Outcomes (SLOs) (The course student learning outcomes are listed below.)
SLO revisions are completed via the SLO Change Form available on the College Curriculum Committee website.

Student Learning Outcomes:

SLO #1 Evaluate Fitness Test Results

Students will evaluate their own results from standard tests of health-related fitness using reference values for age and gender.

SLO #2 Fitness Components and Hatha Yoga

Students will demonstrate improvement and identify the fitness components that are positively affected by a Hatha Yoga Practice.

SLO #3 Sun Salutation

Students will demonstrate the poses of Sun Salutation A and explain the sequential order.

B. Course Objectives (The major learning objective for in this course are listed below.)

Course Objectives:

1. Identify the physical and psychological benefits of yoga.
2. Demonstrate proper technique and body alignment for standing poses, balancing poses, seated poses, spinal twists, supine poses, prone poses, and inversions.
3. Analyze the purpose of each of the asanas as they relate to overall health and fitness.
4. Assess gains in stress management, muscle fitness, body composition and flexibility.
5. Compare and contrast various forms of Hatha Yoga.
6. Demonstrate proper diaphragmatic breathing while performing yoga postures.

III. Outline of Subject Matter

(Topics should be detailed enough to enable an instructor to determine the major areas that should be covered to ensure consistency from instructor to instructor and semester to semester.)

Example:

I. Main Topic (3 hours, lecture)

A. Sub topics

B. Sub topics

1. Super sub topic

2. Super sub topic

Major Topics:

I. Orientation to Yoga (4 hours, lab)

1. Physical benefits
2. Psychological benefits
3. Introduce modern forms of yoga

II. Beginning Postures (8 hours, lab)

1. Spinal alignment
2. Seated postures, supine, prone, and standing
3. Individual adjustments
4. Progressive relaxation
5. Diaphragmatic breathing

III. Emphasis on Precision of Postures (10 hours, lab)

1. Holding poses for a longer period of time.
2. Use of Props (belts and blocks) if necessary
3. Introduce balancing postures, twists and hip openers

IV. Emphasis on Flow and Connection of Poses (12 hours, lab)

1. Sun salutations
2. Arm balances and inversions
3. Transition of poses

V. Mind and Body Integration (3 hours, lab)

1. Meditation
2. Guided visualizations
3. Mindfulness

VI. Introduce Power Yoga (17 hours, lab)

1. Continuous movement from one pose to the next
2. Build heat, balance and concentration
3. Emphasize pranayama breathing

Total Lecture Hours: 0

Total Laboratory Hours: 54

Total Hours: 54

IV. Primary Method of Evaluation and Sample Assignments

A. Primary Method of Evaluation (choose one):

- 1) Substantial writing assignments
- 2) Problem solving demonstrations (computational or non-computational)
- 3) Skills demonstrations

Primary Method of Evaluation: 3) Skills demonstration

B. Typical Assignment Using Primary Method of Evaluation

Typical Assignment Using Primary Method of Evaluation: Demonstrate to your assigned partner in class, the poses of Sun Salutation A in sequential order.

C. College-level Critical Thinking Assignments

Critical Thinking Assignment 1: In a short-answer exam question, identify three styles of yoga and choose which style you believe fits your lifestyle and goals.

Critical Thinking Assignment 2: Choose postures from the following classifications: standing, balancing, seated, supine, prone, and inversion. Demonstrate to your assigned partner the postures in a sequential pattern where one position flows directly into another.

D. Other Typical Assessment and Evaluation Methods

Examples: Class Performance, Objective Exam, Clinical Evaluation, Oral Exams, Completion, Other Exams, Embedded Questions, Performance Exams, Essay Exams, Presentation, Fieldwork, Quizzes, Homework Problems, Reading Reports, Journal kept throughout course, Term or Other Papers, Laboratory Reports, True/False, Matching Items, Written Homework, Multiple Choice, Other (specify)

Other Evaluation Methods: Class Performance, Completion, Matching Items, Multiple Choice, Other Exams, Performance Exams, True/False

Examples: Lecture, Group Activities, Lab, Role play/simulation, Discussion, Guest Speakers, Multimedia presentations, Field trips, Demonstration, Other (specify)

Instructional Methods: Demonstration, Lecture, Multimedia presentations

If other:

Note: In compliance with Board Policies 1600 and 3410, Title 5 California Code of Regulations, the Rehabilitation Act of 1973, and Sections 504 and 508 of the Americans with Disabilities Act, instruction delivery shall provide access, full inclusion, and effective communication for students with disabilities.

VI. Work Outside of Class

Work Outside of Class:* Course is lab only - minimum required hours satisfied by scheduled lab time

If Other:

VII. Texts and Materials

A. Up-to-date Representative Textbooks: Please use the following format(s):

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: Dillon, Dave. *Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.*

If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.

***Multiple textbooks may be listed.**

**Up-To-Date
Representative
Textbooks:**

B. Alternative Textbooks: Please use the following format(s): if applicable

Printed Text - Author, Title, Edition, Publisher, Year.

Digital Text (OER Text) - Author (last name first). Title. Edition or Version (if beyond 1st). Publisher, Publication year or Revision date. URL. License.

Sample: Dillon, Dave. *Blueprint for Success in College and Career. Version 1.3. Rebus Community, 2018. press.rebus.community/blueprint2/. Licensed under CC BY 4.0.*

If you wish to list a text that is more than 5 years old, please annotate it as a “discipline standard”.

***Multiple textbooks may be listed.**

Alternative
Textbooks:

C. Required Supplementary Readings

Required
Supplementary
Readings:

D. Other Required Materials

Other Required
Materials:

VIII. Conditions of Enrollment

A. Requisites (Course Prerequisites and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite:

Category:

Requisite course(s):
List both
prerequisites and
corequisites in this
box.

Requisite and
Matching skill(s):**Bold**
the requisite skill.
List the
corresponding course
objective under each
skill(s).

B. Requisite Skills: (Non-Course Prerequisite and Corequisites) Skills needed without which a student would be highly unlikely to succeed.

Requisite Skill:

Requisite Skill and
Matching Skill(s):
Bold the requisite
skill(s). If applicable

C. Recommended Preparations (Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite course:

Requisite and Matching skill(s): **Bold the requisite skill.**
List the corresponding course objective under each skill(s).

D. Recommended Preparation (Non-Course) (Skills with which a student's ability to succeed will be strongly enhanced.)

Requisite Skill:

Requisite Skill and Matching skill(s): **Bold the requisite skill.** List the corresponding course objective under each skill(s). If applicable

E. Enrollment Limitations

Enrollment Limitations and Category:

Enrollment Limitations Impact:

Course Created by: Nancy Manahan

Date: 09/01/1972

Original Board Approval Date:

Last Reviewed and/or Revised by: James Healy

Date: 03/02/2016

Last Board Approval Date: 12/19/2022